

Amendments to the Abstract:

Please cancel the previous Abstract and replace with the new Abstract appended hereto.

Attachment: Replacement Abstract

ABSTRACT

A tube includes a central crushed region (18) for receiving a fixing element (22) and lateral non-crushed regions (20) disposed either side of the crushed region (18) which provide additional structural strength to the tube. The tube is formed in one embodiment by pressing together opposed portions of the tube such that the opposed portions abut to define the central crushed region while the opposed lateral non-crushed regions of the tube straddle the central crushed region.